



Dr. Robert Jay Rowen's

# SECOND OPINION

Vol. XV, No. 11

November 2005

## HEALTH NOTES

### ***The Three Most Important Nutrients for Treating and Preventing Prostate Cancer***

Up to 30,000 men in the USA will die from prostate cancer every year. If you're concerned about prostate cancer, there are three nutrients you must include in your daily supplement regimen.

The first nutrient I told you about a couple months ago is DIM. It's so powerful in preventing and treating prostate problems, including cancer, that it's now on my list of must-take nutrients.

Dr. Michael Zelig says, "The use of this supplement has resulted in the disappearance of abnormal prostate cells on repeat biopsy..." DIM actually enhances the death rate of prostate cancer cells.

The second nutrient you need to fight prostate cancer is vitamin D. This one is becoming so well accepted that even conventional medicine is using it. A synthetic form of vitamin D (DN-101) has been found to increase the survival in men with prostate cancer by two years. Medical pundits are raving about this "big step forward" in that two years is the "highest ever seen in a randomized study." The drug was administered simultaneously with a chemotherapy drug, docetaxel.

However, you don't need an imitation vitamin D to fight prostate cancer. Take the real thing — and lots of it. If you were in the tropics undressed, your body would use the sun to manufacture up to 10,000 units of vitamin D in one day. So the current RDA of 400 IU is ridiculously inadequate. If you can't get out in the sun enough, consider cod liver oil. Next to the

*(Continued on page 2)*

## ***Reverse Heart Disease, Macular Degeneration, and Any Chronic Pain in Minutes!***

Last month, I introduced you to a machine that can heal many different illnesses. The story of Terrell Owens is truly remarkable. How he came back from a massive ankle injury to star in the Super Bowl in just seven weeks is a miracle. And now, you can experience your own miracles with frequency specific micro current, or FSM.

Before I show you how FSM can treat such ailments as heart disease, eye problems, **fibromyalgia**, and many other ailments, I'd like to tell you about another professional athlete who has seen the miraculous benefits of FSM.

Professional golfer Bill Glassen isn't as well-known as Terrell Owens, but his story is no less incredible. Bill was in an airplane many years ago when it was hit by lightning. The strike sent massive amounts of electricity through Bill's body. The results were devastating. He couldn't focus mentally. The brain fog it caused was so bad he couldn't even balance a checkbook. Needless to say, he wasn't able to play professional golf anymore.

But his mental issues were only part of his problem. His entire body was constantly in pain. He suffered through three surgeries for knee pain. All of which failed. The surgeons didn't realize that the source of Bill's pain was not his knees. His knees were fine. The source of his pain was the damage done to his brain and nervous system.

Dr. Carolyn McMakin, whom I introduced you to last month, treated Bill with FSM for five hours over three days. At the end of the treatment, his mental fog was gone and his pain was virtually eliminated. The results were so miraculous that he was able to begin playing golf



### HEALTH NOTES ... continued

sun, it's the best source of the vitamin.

I recommend you take 4,000-5,000 IU per day of vitamin D in supplemental form. I know of no risk to this amount of vitamin D. As an aside, your bones and arteries will love you for it as well. Vitamin D can protect against hypertension and bone loss.

And, finally, the last nutrient you must take is green tea. In a recent study, 62 volunteers aged 45-75 were divided into two groups. The experimental group received 200 mg three times daily of green tea catechins (GTC). These are the incredible antioxidants in green tea. The other group received a placebo.

The men had prostate biopsies at six months and again at one year. The GTC group had one case of prostate cancer. Nine cases were found in the untreated group – a rate of 30%. That's consistent with what would be expected. The green tea extract group had a 90% reduced risk in this small study. There were no significant side effects or adverse reactions with the use of green tea.

The amount of green tea extract (600 mg) in this study was between one and two times the amounts regularly consumed in China. There, the population averages 10-20 cups daily of the complete tea rather than encapsulated extracts.

A fourth nutrient to consider is selenium, repeatedly reported here as a strong preventer of prostate cancer.

*(Continued on page 3)*

**SECOND OPINION** (ISSN 1068-2953) is published monthly by Second Opinion Publishing, Inc. **PUBLISHER:** Wallis W. Wood; **EDITOR-IN-CHIEF:** Robert Jay Rowen, MD; **SUBSCRIPTIONS:** \$49 per year; foreign addresses add \$13 U.S. per year. Send new subscriptions or changes of address to our **BUSINESS OFFICE:** P.O. Box 467939, Atlanta, GA 31146-7939, 800-728-2288 or 770-399-5617. **SECOND OPINION** is a newsletter containing general comments on health, nutrition, and medicine. Readers are advised to consult with their own physician before implementing any health idea they read about, whether here or in any other publication. Copyright © 2005 by Second Opinion Publishing, Inc. All rights reserved.

again. He's been on the pro tour ever since, and finished a tournament in fourth place out of 250 competitors. He was so impressed by the FSM machine that he bought a home unit (which I'll tell you more about in a moment).

FSM is, indeed, a quantum leap in trauma therapy. Dr. McMakin has a long list of professional athletes to prove it. And now that you've seen a couple of impressive cases where FSM completely reversed major trauma, let's turn to a few cases where the patients weren't top-notch athletes. Is it possible FSM can have similar results in people who are far more frail?

Well, let's start with a patient who suffered from ischemia (oxygen starvation) to the heart muscle — a sure sign of an impending heart attack. Surely FSM can't help heart disease. After all, heart disease is best treated with chelation and lots of supplements, isn't it?

I love chelation and using certain supplements for my heart patients. I've seen some miraculous recoveries using these treatments. But they can't compare to the speed of FSM. Take Dr. McMakin's 55-year-old patient Jim. He couldn't make it more than 20 seconds on a treadmill. The EKG showed severe ischemia. His cardiologist wanted to hustle him off to surgery. But Jim chose electricity instead. His reward? In just a few months, he could do 22 minutes on the treadmill with no discernable ischemia.

And what about eye problems? Just about every patient I see over the age of 50 has some type of eye problem. My ophthalmologist friend Ed Kondrot, MD of Phoenix (602-631-4504), has pioneered the use of microcurrent to help macular degeneration.

I told you about microcurrent stimulation (MCS) many years ago. MCS delivers electricity in millionths of an ampere, the physiological current of the body. It can increase ATP (energy chemical of your cells) by 500%, protein synthesis by 70%, and cell transport of molecules by 40%. It's a fantastic source of free electrons (energy) to your cells. Frequency specific microcurrent (FSM) is an improvement that makes quantum leaps in MCS effectiveness.

FSM simultaneously delivers two separate specific frequencies along two separate channels. One frequency is specific for the tissue involved (organ, artery, nerve, tendon, etc.). The other channel delivers a frequency specific to the condition. For example, if you have inflammation in a nerve or tendon, say from an injury, the frequen-



cy for that tissue (from 100 years back) is simultaneously applied with the frequency for inflammation. Just how effective can this be?

When Dr. Kondrot was instructed on, and began using frequencies specifically targeting eye tissues (such as arteries, nerves, etc.), his results took a quantum leap. My dad has macular degeneration. Right in front of me, last February, he was able to read three additional lines on the reading chart in just minutes.

To give you another example of how incredible this technology is, let's look at a study done in 2003 at Australia's University of Sydney. In the study, Vivian Reeve and her colleagues tested FSM in lab animals. The researchers painted a natural proinflammatory chemical called arachidonic acid on the ears of rats. The ears quickly became engorged and inflamed.

The rats were then divided into three separate groups. One group was fed NSAID drugs, including the most powerful NSAID — indomethacin. Another group was treated with the specific frequency for inflammation. And the final group was treated with sham frequencies, not the precise three-digit frequency specific for inflammation.

None of the rats in the latter group had any response. All in the group treated with the specific inflammation frequencies showed a physically measured reduction in swelling of 62% **in just 4 minutes**. This was so unbelievable that the researchers repeated it double blind. They got the same results! Wrong frequency — no response. The correct specific frequency — inflammation melted away — in minutes!

The NSAID drugs at best showed only a slow improvement of 45%. And we know of the severe side effects these drugs can cause. Whereas the frequencies caused no side effects whatsoever!

Now, for some *unknown* reason, publication of this awesome data has been stifled. A powerful low-risk tool that can help you is being kept in the closet. Can you guess why this might have happened? Other animal studies showed that FSM protects against the inflammation of sunburn and prevents immune-system suppression by a chemical agent, such as chemotherapy.

While these studies are very impressive, I personally witnessed miracles while visiting Dr. McMakin. Her assistant, Rundi, has been suffering from a severe reflex sympathetic dystrophy in her right lower leg. Her skin was

## HEALTH NOTES ... continued

### Reduce Your Risk of Heart Attack by 69% for Free

I've always said lifestyle changes will do more for you than any combination of drugs or even supplements. I've seen it in my own life and in my patients. Now a study report in *Forbes* magazine confirms it.

Researchers studied nearly 70,000 women without any history of vascular disease for 18 years. They found the following:

- Sedentary women had nearly 21 times the risk of sudden cardiac death.
- Women who exercised more than two hours/week reduced their risk by three-fold.
- The odds of sudden heart-related death were directly related to exercise. The odds are reduced by 10% if you exercise for two to four hours per week.
- As the women pushed exercise over four hours per week, the risk of sudden cardiac death declined even more.
- And if you exercise for over seven hours per week, it drops your odds of having a heart attack by 69%.

**Action to take:** It's NEVER too late to begin exercise. If you have not been doing so, it may be a good idea to check with your physician to discuss a rate and intensity fit for you. These statistics beat anything you could buy ... drug or supplement!

Ref: *Forbes*, May 6, 2005.

### How One Lifestyle Change Will Save Your Knees

Degenerative knees are epidemic. The joint replacement industry is in the midst of a bonanza. And another 850,000 knee surgeries are performed annually for cartilage tears. A new study, from the University of Utah, finds that nearly half of these surgeries are due to the patients being overweight.

I see a lot of challenged knees in my work. The overwhelming majority of those

(Continued on page 4)



### HEALTH NOTES ... continued

with challenged knees are heavy. I've repeatedly told my patients that their knees take the trauma of obesity worse than any other joint. Seems the cartilage just cannot withstand the trauma.

Your articular cartilage (the cartilage that lines the bones within your joints) doesn't have a blood supply. All the nutrients must passively diffuse from the joint capsule. God made you with enough reserve to keep your joints healthy. But obesity stresses your cartilage more than the protection of that God-given reserve.

When your cartilage breaks down or thins, no conventional therapy can help. Conventional medicine does not repair. It only hides the condition (painkillers, which can further thin your cartilage).

#### Action to Take

(1) A pound of prevention could be worth a layer of your knee cartilage. I stress positive conditioning when trying to tame a bad habit. In the case of toxic eating, think of what you will be giving your knees by leaving that toxic "food" alone, rather than bemoaning what you have denied yourself. Make what you have given yourself (healthier arteries, stronger joints, etc.) of greater value than satisfying your taste buds. That is my secret in my own weight and habit control.

(2) If your knees are just now starting to be damaged, lose weight and take a joint formula designed to rebuild cartilage. I recommend Healthy Resolve's Advanced Joint Formula (800-728-2288).

(3) If your joints are already severely damaged, the strongest cartilage builders

(Continued on page 5)

#### To order special reports,

books, and other recommended material mentioned in this issue, please write or call: Second Opinion Publishing, P.O. Box 467939, Atlanta, GA 31146-7939, 800-728-2288, 770-399-5617 or fax your inquiry to 770-399-0815.

shiny, purple, and mottled. She couldn't wiggle her toes or flex her ankle. Lightly touching the affected area was like applying a torch to her skin. Dr. McMakin started her on FSM and, within 20 minutes, her skin color and tone normalized. The unbearable skin hypersensitivity was gone, and she regained near normal movement of her foot and toes.

How can FSM work so fast? Electrical medical pioneer Dr. Robert Becker explained in his book *The Body Electric*. Electricity flows through your body constantly. The nerves conduct an AC current. But the membrane around your nerves, called the perineurium, conducts a DC microcurrent. The perineurium's electrical system transmits information throughout your body and creates healing. For instance, Becker found that in amphibians, a severed limb could regenerate if the perineurium were left intact (even if the nerve itself was severed).

With FSM, the positive lead is applied closer to your spine, and the negative end further away. This matches the DC flow in your perineurium. With the proper frequency and enhancement of energy production from the machine, very rapid healing can occur!

This means that if you're one of millions of people who develop "unexplained" intractable pain and suffering not long after a seemingly minor injury, there's both an explanation and hope for recovery. We see this a lot in whiplash injuries.

Studies have shown that whiplash produces microscopic tears in the surface membranes of your discs. Over time, disc material oozes out. It doesn't take much to make life miserable. This disc substance is extremely inflammatory. It irritates nerves and is destructive. The local inflammation it causes can lead to a multitude of nerve problems. Blood flow to the thalamus of the brain is reduced. Your thalamus is the nerve center where your pain sensation is processed. Dysfunction here can lead to affective (personality) disorders, aching, burning, and tingling pain.

Another type of pain most doctors fail to understand is fibromyalgia. This painful disease is often set off by an injury of some type, whether a fall, a car crash, or something else.

Dr. McMakin treated 54 consecutive patients with diagnosed fibromyalgia with FSM. Forty-nine of them completed the therapy — and 31 recovered *completely*. On a scale of 1-10, with 10 being the most painful, the



average amount of pain each patient felt was reduced from 7.3 to 1.3 with the very first treatment!

Of the 31 who recovered completely, the recovery time averaged 4.5 months. But you can experience even more dramatic results if you're lucky enough to get treated within four hours of an injury, as did Terrell Owens. When this happens, the whole inflammatory process (which creates scarring) can be aborted, dramatically shortening healing time.

Dr. McMakin also told me she has a 100% success rate in eliminating chronic pain from shingles, a terribly debilitating condition for many seniors. And she has a 100% success rate in correcting hyperthyroidism, pain from kidney stones, and carpal tunnel syndrome if they're caught early.

But, believe it or not, this story gets even better. What really shocked me was that those "ancient" physicians of yesteryear had discovered frequencies for an incredible number of "conditions." These conditions include congestion, infection (various types), mineral deposits (such as calcium), scarring and sclerosis, spasm, toxins, allergy, and even emotion. Yes, it's been known for thousands of years (in Chinese medicine) that your emotions can settle in an organ and cause dysfunction.

Dr. McMakin has had cases that resolved after the frequency for emotion was applied together with the specific organ or structure affected. The sky's the limit for FSM. The only thing holding it back is discovering the real problem with each patient. Sometimes it's difficult to discover that emotions are the cause of a dysfunctional organ. This is where the training of the practitioner is so crucial. Headaches, breathing problems, inflammation, your adult diabetes and sugar intolerance, vascular and neurological complications could be easily swept away!

The reason this treatment can impact so many different illnesses is because there are frequencies for virtually every tissue, organ, and organ substructure (such as the gallbladder and bile ducts) in the body. That's how FSM can effectively treat an organ dysfunction, such as inflammatory bowel disease, liver inflammation, heart and circulatory disease, endocrine gland dysfunction, and many others.

Obviously, the FSM machine poses a huge threat to the pharmaceutical industry. So you'd think it would be outlawed just like it was a hundred years ago. But FSM is completely legal and even approved by the FDA. FSM

## HEALTH NOTES ... continued

around are ozone and growth hormone. Both of these have to be instilled directly into the diseased knees. But I've seen dramatic results using this method. Ask your integrative physician to administer this treatment.

Ref: *American Journal of Preventive Medicine*, May 2005; "Utah Study Links Obesity and Bad Knees," Associated Press, May 9, 2005.

### **Aspirin More Dangerous for Those Over 70**

If you're over 70 years old, routine use of aspirin is even more dangerous than for younger people.

A study reported in the prestigious *British Medical Journal* shows why. The study focused on the routine use of aspirin in a large population of 20,000 people aged 70-74 with no vascular disease. The research suggests that if there are any benefits to the use of low-dose aspirin, they are offset by increased cases of serious bleeding, which I've warned you about repeatedly. The authors say the balance could tip either way, but suggest doctors should resist the temptation to implement low-dose aspirin in the elderly to prevent heart disease.

I agree. If aspirin does work, it does so via the same protection given by omega-3 oils on an enzyme called cox. You've heard lots about the dangers of the cox inhibitors Vioxx and Celebrex. Aspirin is in this same group. While omega-3 oils inhibit the cox enzyme, they do so without any side effects. So get your "aspirin" from fish or flax made by God, not from a chemical derived from coal tar. Conventional doctors won't listen to me. Perhaps the *British Medical Journal* can help change their minds.

Ref: *British Medical Journal*, May 25, 2005.

### **Reduce Damage Caused by Stroke by 50-75%**

There's now evidence that my favorite preventive treatment of all can actually reduce the damage caused by stroke by a

(Continued on page 6)



## HEALTH NOTES ... continued

whopping 50-75%!

If you want to prevent neurological damage from stroke, the most effective and safest way is with your diet, not chemical drugs! A study just published online in *Experimental Neurology* (5-05) found that rat's fed diets enriched with blueberries, spinach, or spirulina (nutritive algae) significantly reduced the damage caused by stroke.

We've already seen in previous research that "normal" age-related declines in memory of rats could be slowed with these foods. But get this! When the rats had a stroke experimentally induced, the size of the stroke was reduced by a whopping 50-75% when their diets were rich in these foods. Lead researcher, Paula Bickford, PhD expressed amazement at the degree of protection.

In the study, four groups of rats were fed equal amounts of food for one month. Group 1 was supplemented with blueberries, group 2 with spinach, and group 3 with spirulina. The fourth group only got regular chow.

Four weeks later, the researchers induced an ischemic stroke (cutting off blood supply like a thrombosis). Shortly after, blood flow was restored (reperfusion).

(Continued on page 7)

**In between our  
monthly visits, be sure  
to check in online!**

- Simple, clean design. New content now easy-to-find
- Now search every issue of the newsletter PLUS every Health Alert
- Search term highlighted in yellow on screen to make it simple to see

Login information:

User Name: breakthrough

Password: cures

[www.secondopinionnewsletter.com](http://www.secondopinionnewsletter.com)

machines are a class-2 (safe) device approved for sale by the FDA as a TENS unit (which is very commonly used for pain). And it's becoming more widely available. Several hundred practitioners have been trained. You can find a doctor who uses FSM at the treatment's official website [www.frequencyspecific.com](http://www.frequencyspecific.com).

There are also home units available by prescription (only from trained physicians) that are programmed to deliver the most important frequencies for conditions such as fibromyalgia, whiplash, sports injuries, and more. The units are relatively expensive. But compared to a lifetime of pain, suffering, doctor visits, drugs, and physical limitation, \$1,300-\$3,550 for such a unit is a bargain.

Treatments with a practitioner typically last 60 minutes and will cost about \$100-\$150. I don't think that's much when you consider that dramatic results are usually attained the very first session and lasting results with just a few more sessions.

If your health practitioner is interested in learning more about FSM, Dr. McMakin is hosting teaching seminars in November and December. Please, take this report to open-minded physicians and encourage them to attend, by calling 877-695-7500. FSM is a service Terri and I offer.

Ref: Cheng, Gnok. *Journal of Clinical Orthopedics*, 1982, vol. 171.

## Is Mammography Causing Breast Cancer?

There's a trend in medicine that's irrefutable – the breast cancer rate has gone up at the exact same time that mammography use has increased. The big question is, what is the correlation? After you read this article, you'll see that not only is there a strong correlation, but there's growing evidence that mammography both causes and fuels breast cancer in many ways.

You may remember a few months ago when I discussed the serious cancer problem caused by radiation from the Chernobyl meltdown in Russia. What became abundantly clear from that horrible situation is that radiation does, indeed, cause cancer.

Well, mammography is radiation. And doctors now recommended it for just about every woman over the age of 30. Breast tissue is highly sensitive to radiation, which is measured in rads. Each rad of radiation increases your



cancer risk by 1%. When your mammographer takes four films of each breast, he or she exposes each to one rad of radiation. With 10 years of annual screening, you'll have a cumulative 10% increased risk in each breast.

But that's not the worst of it. If you're one of the 1-2% of women silently carrying the A-T gene (ataxia-telangiectasia), your risks may increase 400% from the radiation. This gene makes you highly sensitive to the carcinogenic effects of radiation, with no way to know beforehand. Some estimate this radiation exposure accounts for up to 20% of all breast cancers annually in the United States. If it is, mammography would be a major contributing factor to the exploding rate of breast cancer in our country.

And there's even evidence that mammography is useless in extending your life. Of eight recent trials, only two were adequately randomized to allow statistically valid conclusions. The reviewers of these two trials (which were based on 66,000 postmenopausal women) concluded that there's no reliable evidence that screening decreases breast cancer mortality — *not even a tendency toward an effect.*

**Action to take:** Conventional detection of cancer is worthless. By the time an invasive tumor is diagnosed, it may be too late. It's far better to practice prevention! The preventive supplements I recommend include iodine, selenium, vitamins E and D, omega-3 fatty acids, green tea, Russian Choice Immune (a.k.a. Delta Immune), and DIM. Eat right (mostly vegetables) and exercise regularly. Avoid smoking and chemicals (as much as possible). As for screening, consider thermography, which Terri and I offer. It uses no compression, no radiation, and gives you many years advance warning of possible trouble. That's time you can fully devote to prevention. You can get more detail on all of these preventive measures by searching the Archives section of my website.

### ***Looking for an integrative physician near you? These organizations can help:***

- International Oxidative Medicine Association — For a free list, please call my publisher at 800-728-2288.
- International College of Integrative Medicine — 866-464-5226 or [www.icimed.com](http://www.icimed.com)
- American College for Advancement in Medicine — 888-439-6891 or [www.acam.org](http://www.acam.org)

### **HEALTH NOTES ... continued**

Typically, strokes cause significant free radical and inflammatory activity, which lead to severe cellular injury.

The size of the stroke lesions in the spinach and blueberry groups was 50% less. The spirulina group had a 75% reduction in stroke size. Additionally, the supplemented animals had greater return of movement than the control group.

Dr. Bickford, one of the researchers, noted that the supplemented foods are rich in "antioxidants," otherwise known as free-radical scavengers. These chemicals were believed to be the source of the protection. I can't tell you how pleased I was to read Dr. Bickford's further comments. She said it is unlikely that you can bottle these chemicals. Whole foods contain multiple nutrients. It's a package deal.

**Action to take:** Your best medicine is your food. You don't have to go as far as I do with the Living Foods Diet to get benefits, however. Simply increasing your consumption of colorful living foods will bring you benefit. Colored plant pigments are the richest in the beneficial chemicals. Make fruits and vegetables containing them the primary staples of your diet! Not only will this type of diet lessen the damage done by stroke, but it will greatly reduce the likelihood of ever having one in the first place.

Ref: "Antioxidant-Rich Diets Reduce Brain Damage From Stroke," *HealthNewsDigest.com* April 18, 2005.

### ***Coming Next Month...***

- You have to cook your fruits and veggies to get the most lycopene, right? Well, not always. New research shows one fruit provides more lycopene when it's eaten raw!
- The at-home therapy that can stop migraines, improve your memory, and reverse erectile dysfunction. Takes just 45 minutes per week.

## LETTERS

Dear Reader,

Each month in the letters column, I try to answer as many of your questions about health and medicine as possible. It's simply impossible for me to answer letters personally. Plus, I obviously can't make a diagnosis or prescribe a treatment by mail or e-mail. So if you have a question you'd like answered, send it (typed **only**) to:

**Second Opinion Letters**

P.O. Box 467939, Atlanta, GA 31146

Thank you,



If you're interested in a personal phone consultation with Dr. Rowen, please call 1-707-571-7560 (10:00 a.m. - 4:00 p.m. PST, Mon.-Thurs.) for a schedule and rates.

**Q: Is the TOA-free cat's claw (samento) safe to give to pets in much smaller doses to get rid of Lyme disease? From what I understand, the animals can easily re-infect people. Is this true?** — John T., via e-mail

**A:** Yes, Lyme is as likely to attack your animals, as it is to attack you. Some animals are highly resistant to the bug, but I don't know if house pets are. You can contract Lyme disease from animals (ticks, mosquitoes, etc.), so it's likely you can catch it from a pet (or human) through their saliva or contact with their blood. I know of no contraindication to samento in animals. You might want to check with your vet, first for confirmation, since animal metabolism of plant products can be different than ours. The vets associated with the American Holistic Veterinary Medical Association (410-569-0795 or [www.ahvma.org](http://www.ahvma.org)) should be able to help.

**Q: Does oxygen therapy and ultraviolet blood irradiation**

**get rid of cytomegalovirus (CMV)?** — John T., via e-mail

**A:** Oxidation therapies are exceptionally suited for chronic virus problems, especially CMV and other herpes-type viruses. It's the place I would begin. Conventional medicine has little to offer for chronic viral disease except some very harsh chemicals. Any of the doctors in the International Oxidative Medical Association (IOMA) should be able to help you. (See page 7 for contact information.)

**Q: I want to go on a raw-food diet. I have some health problems and feel they could be corrected by this diet. But what does a vegetarian eat for breakfast? I usually eat two eggs, but what else is available that's safe to eat for breakfast?** — Carol G., via e-mail

**A:** Let me start by saying I'm happy for you for making a very difficult decision. I'm sure you'll begin to see results very soon. I've seen many patients reverse their health problems simply by eating the Living Foods Diet.

I'd also like to say that I think eggs are a very good food. It's very difficult to eat only raw foods. And if eggs are one of the cooked foods you decide to eat, that's fine. Soft boiled is the healthiest method of cooking. The only caveat would be if you were allergic or sensitive to eggs. If you eat raw foods for a while and don't notice much improvement, it could be due to an egg allergy or food sensitivity. At that point, you would need to avoid the eggs.

As for other foods you can eat for breakfast, I like to make a smoothie in the morning. You can find my recipe on my website (you'll find it in the January 2004 issue under Archives). This smoothie includes soaked almonds,

bananas, apples, and/or other fruit. It's absolutely delicious, nutritious, and will carry you through the morning.

There are several books you can order with recipes for a raw foods diet. And you can also find many recipes on the web. Just do a search for "raw foods breakfast."

**Q: Can you help me understand the difference – if any – between essential phospholipids (EPL), as described in your newsletter, and phosphatidyl choline, which can be purchased at a fraction of the price? It seems from the various websites that EPL is made from phosphatidyl choline.** — Linda M., via e-mail

**A:** Essential phospholipids are an amazing new cholesterol treatment that I think are far better than just about anything on the market at reducing LDL cholesterol. But it's possible they do more than just lower your cholesterol. It appears that they also help strengthen your heart and clear your arteries, making your body better able to handle stress and exercise.

A choice brand of EPL is Lipoflow (800-896-1484). The major difference between this EPL and phosphatidyl choline is the processing of the materials. Yes, EPL is made from phosphatidyl choline. However, its costly process breaks it up into tiny micelles, which are so small that they can easily pass through your gut for absorption. Regular phospholipids (lecithin) need to be digested by the pancreatic enzyme phospholipase and then go through complicated steps for assimilation. This causes them to be less effective. I've been more pleased with the results of this EPL than lecithin. You can read more about EPL in the January 2004 issue, which is available on my website in the Archives section.